

Full Report (All Nutrients) 45174148, WEIS ORGANICS, ORGANIC GRADE A LARGE EGGS, UPC: 041497097869

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Report Date: July 02, 2017 13:14 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer WEIS MARKETS, INC.

Nutrient	Unit	Data points	Std. Error	1 EGG 50g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	70	140
Protein	g	--	--	6.00	12.00
Total lipid (fat)	g	--	--	5.00	10.00
Carbohydrate, by difference	g	--	--	0.00	0.00
Minerals					
Calcium, Ca	mg	--	--	20	40
Iron, Fe	mg	--	--	0.72	1.44
Sodium, Na	mg	--	--	70	140
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	300	600
Vitamin D	IU	--	--	40	80
Lipids					
Fatty acids, total saturated	g	--	--	1.500	3.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	185	370
Amino Acids					
Other					
Ingredients					
ORGANIC EGGS. <i>Date Available:</i> 10/08/2016 <i>Date Last Updated by Company:</i> 10/08/2016					